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Wright State University Student Body

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WEEKLY HOROSCOPES
NOVEMBER 19, 2018
BY SARAH CAVENDER

NOVEMBER
Week of 19-23

ARIES – You're the queen/king bee when it comes to your social circles Aries! Everyone always looks to you to lead the hive. Take a step back this week though and let some other little bees take the lead though. Be a listener instead of the speaker.

TAURUS – Your ruling planet clashes with Pluto this week Taurus. Leaving you a little frazzled. Someone will offer you a cookie on Friday that will give you a new found insight. Hopefully its chocolate chip.

GEMINI – Your fear of skittles will get the best of you on Tuesday Gemini. Someone will throw the rainbow at you and you will need to decide how to act accordingly. Don't show your fear but instead try to take advantage of this odd situation by catching the skittles in your mouth. Overcome your fears this week.

CANCER – You will find yourself in an unlikely place at the end of the week dear Cancer. This new experience will change your mindset and show you the happier things in life. Don't be afraid to adventure out of your comfort zone.

LEO – Don't pass up that scratch off lotto ticket machine this week Leo. Get yourself a ticket and you might find yourself \$15 richer! Take that money to a nearby ice cream shop and indulge in your favorite dish. You will meet the love of your life while waiting on your ice cream.

VIRGO – Toss on your lucky scarf today Virgo you're in for a busy week! Social engagements start to pile up for the weekend and it's okay to say no when you feel overwhelmed! Don't get too caught up with a chatty Aries though, this person cannot be trusted.

LIBRA – What are your goals in life Libra? Your goals for the year? Spend time this week reevaluating the things you wanted to accomplish for the 2018 year. The eat healthier goal can always roll on into next year, you enjoy that extra dose of carbs at Thanksgiving.

SCORPIO – Are you unhappy with your job Scorpio? The stars sense instability in your career and see that your boss is a total airhead. We suggest starting your own business! Try your hand at flower arrangements, incorporate unique objects and candy into them!

SAGITTARIUS – You'll find yourself in an intense mood this week Sagittarius. People will feel you staring holes through their heads and running from you. Take a moment to reflect on why you're emotions are running high. It's okay to admit that you drove to Chick-Fil-A on a Sunday.

CAPRICORN – The moon is centered with Mars this week Capricorn giving you time to reflect on your relationships. If your partner likes to throw trash on the ground instead of throwing it in the designated trash can then throw that person away. If they treat the Earth like trash they prob treat you like trash too.

AQUARIUS – The stars find you in a very deep thoughtful state today Aquarius! Over the weekend you're planet will light up the communication sector of your chart leading to meaningful conversations with those around you.

PISCES – Avoid people using juuls Pisces. They are not trustworthy. During the weekend your patience will be tested but you will remain resilient. Try some breathing techniques and a nap. Enjoy the time off with family and friends. Spending time at home at the end of the week is important.

LAST WEEK'S SPORTS RESULTS
NOVEMBER 19, 2018
BY ARIAN MCNEIL

The Fall sports season finished up this past week with Women's Volleyball competing in the Horizon League Tournament. The basketball teams were in action as well.

Volleyball loses to Northern Kentucky

The Volleyball team played Northern Kentucky during the Horizon League Tournament in Green Bay. The Raiders lost in a close match to the Norse by 3 sets to 2. The set scores were 25-21, 21-25, 22-25, 25-14 and 15-9. The loss ends the season for the Raiders but it was a successful one. The team had its first .500 or better season since 2003 and made the first Horizon League Tournament appearance in ten years.

Women's Basketball loses to Belmont

The Raiders hosted Belmont for their first home game of the season. Belmont gained a lead early in the first quarter and the Raiders were never able to catch up to the Bruins. The final score of the game was 79-63.

Men's Basketball defeats Toledo and North Florida

The men's team had two home games this past week, hosting both Toledo and North Florida. The Raiders won both games, beating Toledo 84-74 and North Florida 89-72. The men play again in Mexico for two games in the Cancun Challenge Nov. 20 and Nov. 21.

RAIDERTHON RAISED \$34,202 THIS YEAR
NOVEMBER 19, 2018
BY MIKE FALLEN

Wright State's Raiderthon dance marathon takes "dance 'til you drop" literally. A student-run organization, Wright State Miracle Makers, hosted a 15-hour fundraiser on Saturday. All the proceeds raised during the marathon will be donated to Dayton Children's Hospital.

The first fundraising dance marathon was hosted in 1991 at Indiana University. Ryan White, a student at IU, passed away in '91 from HIV/AIDS and IU students decided to host a dance marathon in his honor. Since then, the concept has spread across the country. Wright State started hosting their own marathons in 2013.

The event was able to raise money in various different ways. Each dancer had their own donation page where they could ask friends and family to donate money through them. Dancers could donate further by buying raffle baskets, paying to have pies thrown in their friends' faces or to have them locked away for a while in jail.

Much of the money that Miracle Makers donates to Dayton Children's goes toward small things the hospital needs to treat its patients, according to Kelsi Regan, executive director of Wright State Miracle Makers. Things like pediatric diapers or infant vein finders. "We help purchase the equipment they need to be able to treat and care for anyone and everyone," Regan said.

Usually they will raise somewhere between \$40,000 – \$60,000, according to Regan. Raiderthon dancers, exhausted, finally took their seats Sunday morning to hear how much money was raised over the course of their 15-hour dance marathon. This year the event raised \$34,202.

Raiderthon is the last event the Wright State Miracle Makers host every year. Throughout the year, they raise money for local Children's Miracle Network hospital, Dayton Children's, by hosting events like restaurant takeovers and by reaching out for corporate sponsorships.

This year, many of the student directors of Wright State Miracle Makers are graduating. Kelsi Regan and Lexi Knick, the students in charge of scheduling the event, are both biology students and plan to graduate in December. "I'm really sad to be in my last year of Raiderthon but I know the event and the organization will continue to do great things in the future," Knick said.

HERE'S HOW ONE OHIO UNIVERSITY GOT OUT OF FISCAL WATCH
NOVEMBER 20, 2018
BY LUCAS GONZALEZ

The threat of fiscal watch has been looming over Wright State University for over a year now. Since then, administrators have introduced multiple strategies to remediate the university's budget.

Fiscal watch refers to the act of the Ohio Department of Education declaring a state of fiscal emergency on a school district. When a school enters fiscal watch, university leaders will be under close watch of the state, having to consult with the state auditor to rebalance the budget.

A school enters fiscal watch once it has had a Senate Bill 6 score of 1.75 or lower for two consecutive years. It is, however, possible for a university to exit fiscal watch once it reaches a score of 2.4 and maintains it for one year. One neighboring university was able to do just that.

Central State University, a public college in Wilberforce, Ohio, has encountered problems similar to Wright State due to financial mismanagement. Central State's Senate Bill 6 score dropped as low as 1.0. As a result, the university entered fiscal watch in FY 2015.

Curtis Pettis, vice president for administration at Central State, said that the school's financial troubles were largely attributed to a drop-in enrollment, challenges in the default rate, and student debt. "It was like a perfect storm," Pettis said.

After one and a half years of remediation efforts, Central State exited fiscal watch in FY 2017. The university started the budget remediation process by implementing new methods of communication. It held town hall meetings to inform and involve the campus community and stepped up targeted marketing in the way of enrollment with the consultation of an enrollment firm.

The university was able to save \$1 million in utility expenses with a \$16 million energy efficiency bond which updated all energy systems, according to Pettis. That meant spending far less money on repairing outdated equipment.

Central State also introduced voluntary and involuntary furloughs and layoffs, salary reductions, universal reductions across all discretionary and operational budgets and renegotiations of every major contract, according to Pettis.

Pettis said that faculty received no increases during fiscal watch, but that no contract negotiations, salary reductions or layoffs affected them; those saving measures primarily impacted staff. Central State faculty agreed not to request salary increases while the university was on fiscal watch, Pettis said.

“We did everything we could not to impact the [university’s] academic mission,” Pettis said. “At all costs, we felt we could cut in other areas, but we did not want fiscal watch to impact the delivery of the academic enterprise to students.”

Wright State has also engaged in a number of savings measures similar to Central State’s. The university has held multiple public forums to define a new mission statement for the university moving forward. It has also stepped up its marketing in certain regions and for particular demographics.

In terms of resource expense savings, Wright State eliminated their contracted custodial services and now only use WSU custodial personnel. They have followed the same practice with their HVAC services.

Chief Business Officer Walt Branson said in an email that these measures would save over \$500,000 annually. “We are doing everything we can to prevent students from being affected or noticing these changes.”

Wright State budget remediation efforts have also included renegotiating and terminating some contracts, updating policies, engaging in a strategic planning initiative, and more regularly monitoring the budget.

“There has been a lot more emphasis on monitoring and reporting; the financial governance policy allows the board of trustees to check on how the budget is doing in more regular intervals,” said WSU spokesman Seth Bauguess.

Wright State has most recently projected that its Senate Bill 6 score for FY 2018 will be 2.2. Wright State administrators and faculty have been engaged in contract negotiations and the latter is threatening to strike if the administration does not make concessions on their proposal.

Leadership of both parties in the negotiations have said that talk of a strike is still premature at this time. Wright State administration has affirmed its commitment to protecting the academic mission of its students, should the faculty go on strike.

“The university is committed to maintaining the quality of its academic programs and preserving the opportunity it provides to students to achieve their goals,” Wright State President Cheryl Schrader wrote in a public announcement.

At this time, the administration has not publicly offered a concrete plan on how it will ensure classes will continue if union faculty go on strike.

WRIGHT STATE BOARD VOTES TO RELOCATE UNIVERSITY ARCHIVES
NOVEMBER 21, 2018
BY LUCAS GONZALEZ

At a Friday meeting, the Finance, Audit and Infrastructure Committee of the Wright State Board of Trustees voted unanimously to accept a resolution to relocate the university's archives, signaling the first stage of a project which has been discussed for over a year.

The resolution is now subject to approval from the full Board of Trustees.

The university is proposing that the archives be moved from their current location in the fourth floor of the Paul Laurence Dunbar Library on campus to the former Wright-Patt Credit Union headquarters, located at 2455 Presidential Drive.

"Located directly across from Wright State's campus, our new location provides high visibility from Colonel Glenn Highway and easier access for the general public and school groups to explore the history of the Dayton region," reads an announcement from the university.

Wright State's archives include a Wright Brothers Collection, works by poet Paul Laurence Dunbar and archives of the Dayton Daily News, according to information from Wright State's website.

This stage of the project will be funded by a one-time grant of \$450,000 raised by the Wright State Foundation.

Although the Finance committee voted unanimously to accept the resolution, some trustees raised questions about the relocation.

Before the committee moved to a vote, Student Trustee Austin Rains asked how other universities traditionally store their archives.

Dawne Dewey, head of the special collections and archives, said that archives are usually kept either in the library or in their own separate space.

Trustee Bruce Langos said that he would only vote in favor of the project if the university were to define a space plan and a date by which the move would occur. Walt Branson, vice president for finance and operations and chief business officer did not provide a date but said that he would take ownership of setting a timeline.

The new archives center will include the following, according to Wright State's website:

* A reading room where students, scholars and visitors may examine historic materials in an up close and personal way

- * An exhibit gallery housing rotating exhibitions that highlight the depth and breadth of our collections

- * A conference room for lectures, meetings and special events

- * A classroom to welcome area school children and students from Wright State's public history graduate program

- * A preservation lab, processing room, clean room and exhibit prep room that will give staff the tools and space they need to adequately care for our region's history

"The facility will also provide the proper storage and climate control to preserve our historic materials for generations to come. Above all else, it will bring history to life and celebrate the legacies of the trailblazers and pioneers who shaped the history of our region and beyond," the university's website reads.

WEEKLY HOROSCOPES
NOVEMBER 26, 2018
BY SARAH CAVENDER

NOVEMBER 26-30

ARIES – Competitions are easy to fall into this week, Aries. Don't be tempted to rush to the end. Take your time. Try the tortoise approach instead of the hare in situations this week.

TAURUS – You feel inspired to go on an adventure this week, Taurus! Have you tried a new hiking trail or food truck lately? You have something to get off your chest this weekend but it's nothing new. It's okay to rehash the dirty laundry argument. You feel like you need to express it again.

GEMINI – Issues concerning trust and intimacy come to the surface as the Moon in Aries illuminates a very private sector of your sign. Share your feelings and reflect on your deepest, most complicated emotions. It's time to get in your feels (cue Drake).

CANCER – Concentrate on your relationships this week, Cancer. Intense topics of conversations come up early in the week. You may run into some friends from the past this weekend. Embrace these encounters and meditate on them.

LEO – You're in a busy mood this week, Leo, thanks to the current Moon phase. You'll have to handle some intense conversations later this week, watch out for a snarky witch stirring up drama in your friend circles.

VIRGO – You might find yourself in a private mood early on in the week. Exciting news about your career arrives with big shake-ups taking place on Saturday. Despite all the changes, you will remain level headed.

LIBRA – The Moon enters its middle month phase, Libra, lighting up the communication sector of your chart. Exciting and helpful news comes your way on Wednesday. You are all that and a bag of chips!

SCORPIO – The Moon is eclipsing somewhere, lighting up the sector of your chart that rules your money as well as your sense of self-worth. Surprises arrive later in the week, but don't worry — you have it under control.

SAGITTARIUS – Be gentle with yourself this week, Sagittarius! The Moon enters sensitive water signs, encouraging you to catch up on rest, even though some expected tasks will come your way early on. Ask for help if you need it!

CAPRICORN – Make sure you are looking at the big picture and stay open-minded in tense

situations this week, Capricorn. Unexpected news arrives later in the weekend but dependable people are here to support you. Your team is standing on the sidelines cheering for you!

AQUARIUS – Excitement at work or in your public life arrives this week, Aquarius. The Moon is encouraging you to get organized and be productive to achieve your goals. Also take time on Sunday to reflect on your habits around health and wellness.

PISCES – Mars rotation encourages fun, creative, vibes this week, Pisces! Get out your canvas or sketchbook and doodle from the heart. Maybe enjoy some romance too! That said, you still have to be responsible, so don't get too wild... just wild enough!

GIVING TUESDAY: ROCK THE WALL
NOVEMBER 27, 2018
BY ARIAN MCNEIL

This Tuesday Nov. 27 is Giving Tuesday and if you are looking to give back to the campus community, Campus Recreation is raising money for the rock climbing wall located in the Student Union.

The campaign, called Rock the Wall, is trying to raise \$1000 for necessary equipment for the wall. The climbing wall is in need of climbing holds, harnesses, and shoes to improve the quality of the gym and to replace broken equipment.

On the fundraising page, Campus Recreation stated that the wall services more than 30 students per day, and that there are many benefits to rock climbing. Just a few of these benefits include: increasing strength and flexibility, reducing stress, and boosting brain functioning.

The campaign goes from Nov. 27 to Dec. 20 and you can donate by visiting www.givecampus.com/schools/WrightStateUniversity

GREENER PASTURE FOR WRIGHT STATE LAKE CAMPUS
NOVEMBER 27, 2018
BY MIKE FALLEN

While Wright State Dayton campus is focusing on budget cuts, 80 miles away in Celina, the Lake Campus is growing. They recently broke ground on a new 7,000 square foot expansion project. Last year they finished an equally large expansion project – the construction of their new Agriculture and Water Quality Education Center.

They have also shown significant increases in enrollment, according to Jay Albayyari, dean and chief administration officer.

Dr. Albayyari took the helm of Lake Campus in April 2015. Since then, he has been able to secure around four million dollars in state funding, 1.5 million of which has gone to the Agriculture and Water Quality Education Center. The rest is being spent on the new facility now under construction.

The new facility will directly serve three purposes, according to Albayyari. First, it will accommodate increased interest in the nursing degree by adding new nursing facilities. Secondly, it will house a library. When he arrived three and a half years ago, the library was being stored in a trailer, Albayyari said. Thirdly, the new building will include spaces for science education laboratories.

When it comes to making decisions about the construction of new facilities, Lake Campus looks locally.

“We make sure we offer programs that are needed by the regional community. The programs we offer are needed for workforce development in this region,” Albayyari said.

Take the Agriculture and Water Quality Education Center for instance. By adding that last bit in the title, “Water Quality Education,” Lake Campus wants to show an awareness of growing concerns that agricultural run-offs and irrigation processes are negatively affecting nearby bodies of water.

“The people here love their lake. And we wanted to teach the students about green methods of doing agriculture to ensure that this lake goes unharmed and continues to be healthy,” Albayyari said.

Lake Campus is on track to continue being the fastest growing four-year degree-granting institution in Ohio, Albayyari said.

They are also looking forward to expanding their athletic program by adding a new sports complex.

Albayyari has already made strides here by moving the school from an Ohio Regional division to a better conference where they play against smaller schools from Pennsylvania, Michigan and other states. Lake Campus also plans to add an advanced manufacturing facility in the near future, according to Albayyari.

There's greener pastures growing in Celina as they continue to grow their Raider community.

DAYTON'S NOT DEAD: THE SANTA CLARA JUICERY
NOVEMBER 28, 2018
BY JAMIE PENWELL

On June 16, The Santa Clara Juicery opened in Dayton. The missions of this juice joint are to provide hope and employment to the surrounding area, promote health education and give the community a place to get together.

"We just thought we would bring some hope," said Elizabeth Furst, owner.

In just five short months of being in business, the juicery has been nominated as a Best of Dayton Finalist. Their slogan is "Juice often, give well".

Located at 1912 N. Main St., the juicery offers entirely organic smoothies and juices, coffee, tea and snacks and is the only place to find smoothie bowls in Dayton.

"Juice is so powerful," Furst commented as she explained that the nutrients in juice are absorbed immediately by the body whereas when eating fruits and vegetables, they take more time to absorb.

Furst has always called Santa Clara home. Upon her return after 14 years of being away, she was upset to find that what once was an arts district had declined. She, along with her husband, had a vision to open a business in an attempt to revitalize the community. Furst's first idea was to open a coffee shop.

A percent of every juice order is donated to the Santa Clara Foundation, a fund aimed towards breathing life and economic prosperity back into the surrounding community. As the business grows, Furst would love to see more money donated to Empower Ministries and the food bank.

Online orders over \$40 can be delivered and the juicery partners with DoorDash.

The juicery will be hosting a free, public holiday social on Dec. 1 with apple cider, snacks and music, "to bring a little jolly to the Santa Clara area," said Furst. They will also be adding a festive holiday punch to their menu through December.

As far as the future is concerned, Furst wants to keep the store in Santa Clara and possibly begin a chain in Dayton. They hope to inspire other businesses to emerge in Santa Clara.

CAREER CORNER: CAREER TALKS
NOVEMBER 28, 2018
BY SHADDIA QASEM

Dedicated to making sure students are prepared for the future, Wright State hosted a Career Talks event on Nov. 13. Organized by career advisor Lisa Duke, it informed those who attended about cover letters and resumes.

When starting college, it is important to gain experience in the work force, either through an internship or an actual job. The first thing to do when you want to get your name out to employers is work on your cover letter and resume.

“[The purpose of a resume] is to showcase your skills to show that you are a good fit for the position so you get an interview,” said career advisor Kelly Jenkins, who spoke at the Career Talks event. “[Cover letters are a way] to introduce yourself to an organization.”

Writing resumes and cover letters can be difficult. Think about what sets you apart from everyone else. Give people a reason to hire you.

Keep in mind that while Googling the best ways to write a cover letter or resume might be helpful, you want your work to be unique. “It’s not going to look the same as everyone else’s,” said Jenkins.

There are also words to steer clear from that employers might overlook and cause them to not give much thought to that applicant.

“[Because they are considered overused], words you don’t want to use are ‘excellent communication skills, or creative, hard worker or detail oriented’; we call them fluff words. [With] qualities like that, employers want to see evidence, not just you statements that you have those skills,” said Jenkins.

Writing a cover letter can be confusing. You want to make sure you are including the best information possible to catch the eye of an employer.

“You want to start out by grabbing their attention and making them want to read the letter. The first paragraph usually [asks] why you want the job, why are you interested in the company and what about them made you want to apply. Paragraph two and three are what develops you as a candidate. That’s where you show [the skills you have]. The last paragraph is when you thank them for their time [and/or] ask them for an interview; it’s just elaborating your skills,” said Jenkins.

If you think about it this way, cover letters are kind of like a small biography.

“Cover letters are less formal, so you can expand on things that are in your resume. Resumes have a limited amount of space and are more concise, a cover letter can help you connect the dots,” said Jenkins.

If you do not have any professional work experience, mention the exposure of those concepts you have experienced through school.

“If you don’t have anything to put on there, start early and start thinking about things you could do to beef up that resume. Everyone should be doing an internship in their field. That’s valid, real-world work experience towards your major. You can also put part-time jobs on there. Sometimes people put relevant coursework or projects [that they have done],” said Jenkins.

If you are still up in the air or nervous about getting out there in the job or internship universe, consider meeting with a career advisor to help get your foot in the door.

“[As career advisors], we do resume and cover letter reviews, mock interviews, help with job and internship searches as well as student employment,” added Jenkins.

Do not be afraid to ask for help when it comes to job and/or internship searching; that is what career advisors are for.

FUZZY'S TACO SHOP REVIEW
NOVEMBER 29, 2018
BY SHADDIA QASEM

One of the most recent additions to The Greene is Fuzzy's Taco Shop, a party-themed taco restaurant. In a way, it resembles Chipotle, vamped up with a Jimmy Buffett's Margaritaville vibe.

Fuzzy's Taco Shop, which originally began in Fort Worth, Texas, has finally made its way to Dayton.

Other locations include Nevada, Florida, Tennessee, Colorado and Georgia, among many other states. With only three other locations in Ohio, Columbus, Toledo and one coming soon in Cincinnati, Dayton was lucky enough to have the unique taco shop settle down in Beavercreek.

Known for their margaritas, as well as their tacos, Fuzzy's has a huge menu that offers a wide variety of heaven for everyone. You'll have to go back several times to try all the delicious things on the menu.

Among their delicacies are the baja tortilla soup, the tempura shrimp taco, the shredded chicken burrito, the fajita beef bowl, the shredded brisket nachos, queso and the grilled veggie quesadilla; and that's only naming a few.

As for their margaritas, names like orange fanta rita, chocolate-covered cherry rita, ghost chili pepper rita and sexyrita are enough to make a person drool; even if you don't drink, you've got to appreciate how yummy they all sound!

One of the great things about Fuzzy's is that it offers many different options for meat eaters and non-meat eaters alike.

"Today, people bring their dogs, party on our patios and feel the festive love every time they walk into a Fuzzy's," says their website.

Many of the Fuzzy's locations look different, giving each restaurant a style of its own and making their customers feel as if they are on vacation.

On a warm summer night while you're partying on their patio with your friends or family and having fun, you just might feel like you aren't in Ohio anymore. That alone is a good enough reason to visit Fuzzy's Taco Shop!

FACULTY UNION CONSIDER DEMONSTRATING AT COMMENCEMENT
NOVEMBER 29, 2018
BY SARAH CAVENDER

POST UPDATED:

Wright State responds to possibility of demonstration at commencement – “Wright State University has received no official notice that some faculty members in the AAUP-WSU intend to conduct a demonstration at Commencement. Any demonstrations from faculty would be surprising and disappointing, as Commencement is the penultimate day to celebrate Wright State’s students, their hard work, and their supporters; as well as look forward to what the university’s newest alumni will accomplish in the future.”

According to the statement, Wright State is a public institution therefore must allow public demonstrations on its property as long as it does not disrupt the functions of the university.

BREAKING NEWS:

Wright State’s faculty union sent out a survey through email this morning, advising its members to vote on whether or not they would demonstrate at this semester’s graduation commencement.

“We want everyone to register to attend commencement on Saturday, December 15. We will soon send a poll asking your opinion on potential actions during commencement,” the email reads.

The demonstration, if it happens, would be held in place of a union protest originally planned for the Board of Trustees meeting on Dec. 14.

“A big majority of students were happy to put on ribbons saying something like ‘faculty4students, students4 faculty’ and such slogans,” said Noeleen McIlvenna, WSU professor and contract administration officer for the faculty union.

“We are probably going to do the same this time. Some faculty want to do more; to explain to the families why there is talk of a potential strike at WSU. Other faculty are not sure if commencement is the right moment to do that, so we are asking our members what they think we should do,” McIlvenna said.

“We know that none of us would dream of bringing a negative tone to a day that honors and celebrates the collaboration of faculty, students and their parents to change the lives of so many people in the Miami Valley and beyond,” McIlvenna said.

McIlvenna said that anything the union might do would be done “to protect the future of WSU” and “in the spirit of working together.”

The email also included a link to the survey, which listed the three options for members to vote on:

“Option 1: Informational picketing: i.e. we carry Fighting for Wright signs (and perhaps others) and hand out leaflets, explaining how proud faculty are of their graduates today and how they have persevered, that they have received a world-class education and that we are fighting to protect that quality of education at WSU for the younger brothers, sisters and neighbors yet to come.

And that is why we are not prepared to accept a contract that damages education through retrenchment and workload and health insurance language. We ask them to wear their buttons and bracelets in support of that mission. We also wear 17c buttons and hand out blue bracelets and AAUP ALLY buttons.

Option 2: No signs, just leaflets. We also wear 17c buttons and handout blue bracelets and AAUP ALLY buttons.

Option 3: Only wearing buttons and handing out blue bracelets and /or AAUP ALLY buttons.”

Contract negotiations between the faculty union and administration have been ongoing since 2017. Negotiations have recently escalated since an impartial third party known as a fact finder released their findings on both parties’ stances at the end of October.

Now, the administration and Board of Trustees may impose a last best offer before the union can initiate a strike. Representatives from both faculty and administration have said that talk of a strike is premature.

The Guardian spoke to students for their thoughts on a potential demonstration at commencement. They had this to say:

“I would be mad,” said senior Araceli Ramirez, who will be graduating in December. “We’ve spent so much time working up to this moment and all that takes [it] away from us.

Some students voiced a concern about the lasting impression it would leave on new alumni of the university.

Nick Davis, a senior marketing major, said that students’ sense of pride would be lost.

“If faculty protest during my graduation, I will be upset. That day is about us and our families celebrating the trials that we went through to get to graduation,” Davis said.

The administration has not commented on the possibility of a demonstration at commencement.
Union membership has yet to vote on the poll.

FITNESS FRIDAY: BEST FITNESS APPS
NOVEMBER 30, 2018
BY ARIAN MCNEIL

There are many different ways to stick to a fitness plan. One way that is becoming increasingly popular is the use of fitness apps on electronic devices. For this week's Fitness Friday, we are highlighting just a few of the free, top rated app choices for getting in shape.

* C25K

C25K is an app form of the running program Couch to 5K. The program is designed to get people from sitting on the couch to running a 5K, or for thirty minutes, in just nine weeks. The app starts you out slow, alternating between walking and jogging, with the goal of working your way up to the full thirty-minute run. Overall, the app is easy to use and has a timer as well as a written-out plan for the day's run.

* MyFitnessPal

MyFitnessPal provides a calorie counter, diet tracker and exercise motivator all in one easy to use app. The best part about this app is that it personalizes the goals it gives you off of your body type and the types of food you are eating.

* Freeletics Bodyweight

Freeletics Bodyweight allows you to focus on toning your body and building muscle. The app customizes a weekly workout plan that is tailored to your needs and body type. It also offers exercises that can be done in a small space. This 2x2 feature is perfect for those who are working out in a dorm or small office space.

* Sworkit

Sworkit allows for the user to choose what type of workout they want to do, including yoga, stretching, cardio or strength training. The app is really great for beginners because it comes with video demonstrations of all the exercises and varying intensities.

* StrongLifts 5x5

This is an app for people who are looking to get stronger and gain muscle. The app starts by asking you how heavy of weights you can lift for five basic exercises: squat, bench press, deadlift, overhead press and row. Using that data, the app generates a lifting plan to help you gain strength. The goal is to complete the workouts it gives you three times a week for as long as you are wanting to increase your muscle strength.